

Canoe Brook Calendar July 2014 Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>A Reminder: Fitness & Activity Fees Due</u>	1 10:30 Italian Conversation every Tue	2 1:00 Musical Jammers every Wednesday	3 1:00 Bocce every Thursday	4 Independence Day ** Center is Closed**	5
6	7	8 5:30 AARP Smart Driver Class	9 9:00 <u>Trip</u>: Suffolk Downs 11:45 Supplements Talk	10 9:00 <u>Trip</u>: Bonton 10:00 Bottle Cozies 2:00 Smartphone Savvy	11 9:00 Brain Bashers	12
13	14 10:30 Table Topics 1:00 Genealogy	15 No Tai Chi Class 10:00 "Bread and Tulips" 1:00 Low Vision	16 10:00 Jewelry Restrung 2:00 "Starting the Conversation" w/Donna Feddus, Gerontologist	17 No Tai Chi Class 10:00 Bottle Cozies 12:00 Blood Pressure	18 12:00 Lunch & a Movie:"Philomena" w/ Judi Dench	19
20	21 10:30 Christmas in July Bargains galore!	22 No Tai Chi Class 11:00 Talking to your Dr. 12:30 Hot Topics 1:30 Book Club	23 10:00 Cell Phone Holders 12:00 Lunch Bunch	24 No Tai Chi Class 9:00 <u>Trip</u>: Xpect 10:00 Knit/crochet hats Kitchen Closed at 1:00 p.m.	25 No Lunch Program 1:00 Ballroom Line Dancing	26
27	28	29	30 <u>Trip</u>: Mystic	31 10:00 Knit/crochet hat 2:00 Intro to Comp		

Schedule of Daily Activities

MONDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics
9:00 A.M. Wii/Pinochle
9:30 A.M. Silk Reeling
11:45 A.M. Lunch
12:30 P.M. Bridge
12:30 P.M. Bingo
1:00 P.M. Scrabble
1:00 P.M. Bocce

TUESDAY

7:10 A.M. *Swimming
9:00 A.M. *Yoga Beginner
10:00 A.M. *Yoga Advanced
10:30 A.M. Italian Conversation
11:45 A.M. Lunch
2:30 P.M. *Beginner Tai Chi

WEDNESDAY

7:10 A.M. *Swimming
8:10 A.M. *Aerobics 9:00 A.M. Wii Tennis
11:45 A.M. Lunch
12:30 P.M. Cards
1:00 P.M. Bocce
1:00 P.M. Musical Jammers

THURSDAY

7:10 A.M. *Swimming
9:00 A.M. Wii Golf
9:00 A.M. *Yoga Inter.
10:00 A.M. *Yoga New Beg.
10:00 A.M. Knitting
11:45 A.M. Lunch
12:30 P.M. Mah Jongg
12:30 P.M. +Art Class
1:00 P.M. Bocce
2:30 P.M. *Tai Chi

FRIDAY

7:10 A.M. *Swimming
8:10 A.M. *Zumba Gold
8:30 A.M. Poker
10:00 A.M. Setback card game
10:00 A.M. *Tap Dance Class
11:45 A.M. Lunch
12:30 P.M. +Duplicate Bridge
1:00 P.M. Bocce
1:30 P.M. Line Dancing Class
2:00 P.M. Chess Club

Looking for some fun? Join us in a game of

Wii Bowling on Mondays at 9 a.m. **Wii Games** on Wednesdays at 9 a.m. **Wii Golf** on Thursdays at 9:00 a.m.

Pool - There are two regulation size pool tables located in the Waverly Room.

Bocce on Wednesdays at 1:00 p.m. Check with the office for availability of the court on other days.

All activities marked with a * involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee-- both are payable once every 6 months and cover January - June 2014 and July - December 2014. What a deal! The fees are due now.

Make checks payable to: Canoe Brook, Town of Branford

Membership: You must be a Branford resident age 60+, independent, and oriented. Stop by the front desk to complete a membership application. Dues are \$ 8. per year. Mailing address: 11 Cherry Hill Rd., Branford, CT 06405

Canoe Brook Calendar August 2014 Special Events & Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 2:00 Internet Basics	2
3	4 1:00 Genealogy	5 1:00 Low Vision	6	7	8	9
10	11 10:30 Table Topics	12 9:00 Newcomers Breakfast 12:30 Hot Topics 1:00 Book Club	13 8:45 <u>Trip</u> : Wolf Conservation Center	14 9:00 <u>Trip</u> : Job Lot 10:00 Tutu Cute Bag 2:00 Smartphone Savvy	15 9:00 Brain Bashers 12:00 Lunch Bunch	16
17	18 10:30 Emergency Preparedness	19 1:00 Fidelco Service Dog	20 10:00 Jewelry Making 2:00 Tablet Touch	21 10:00 Tutu Cute Bag 11:00 <u>Trip</u> : CT Open 12:00 Blood Pressure	22 10:00 Movie: Bill Cunningham NY	23
24/31	25 10:30 Jewelry 2:20 <u>Trip</u> : Big Y Healthy Eating Tour	26	27 9:00 <u>Trip</u> : Newport Playhouse	28 12:00 Lunch Bunch	29 10:00 Legacies of White Gold 1:30 Ballroom Line Dancing	30

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